

Woman Awake: Women Practicing Buddhism - Christina Feldman

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Traditionally women are socialized to embrace values based on conformity, passivity, and surrender of the self, which can eventually contribute to feelings of low self-worth and powerlessness. Using the central tenets and practices of Buddhism, Woman Awake offers readers an opportunity to break out of negative belief systems and move toward increased self-acceptance, strength, and vitality. Through a thoughtful selection of exercises and reflections, readers are guided to expand their awareness of life and its connectedness to all things, as well as their own dignity and place within the universe. For those women new to Buddhist meditation, Christina Feldman offers sensitive and valuable guidelines on breathing and relaxation, using an approach that encourages readers to overcome their social conditioning and appreciate their own qualities in new and significant ways. Author: Feldman, Christina Publisher: Rodmell Press Illustration: N Language: ENG Title: Woman Awake: Women Practicing Buddhism Pages: 00144 (Encrypted EPUB) On Sale: 2004-11-30 SKU-13/ISBN: 9781930485068 Category: Religion : Buddhism - Theravada Category: Social Science : Women's Studies - General

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